

**MINIMUM NUTRIENT LEVEL REQUIREMENTS FOR SCHOOL LUNCHES
TRADITIONAL FOOD-BASED MENU PLANNING ALTERNATIVE
(SCHOOL WEEK AVERAGES)**

| NUTRIENTS AND ENERGY ALLOWANCES | PRESCHOOL | GRADES K-3 | GRADES 4-12 | GRADES 7-12 (OPTIONAL) |
|---|--------------|--------------|--------------|---------------------------|
| Energy allowances (calories) | 517 | 633 | 785 | 825 |
| Total fat (as a percentage of actual total food energy) | ¹ | ¹ | ¹ | ¹ |
| Total saturated fat (as a percentage of actual total food energy) | ² | ² | ² | ² |
| Protein (g) | 7 | 9 | 15 | 16 |
| Calcium (mg) | 267 | 267 | 370 | 400 |
| Iron (mg) | 3.3 | 3.3 | 4.2 | 4.5 |
| Vitamin A (RE) | 150 | 200 | 285 | 300 |
| Vitamin C (mg) | 14 | 15 | 17 | 18 |

¹NOT TO EXCEED 30 PERCENT OVER A SCHOOL WEEK

²LESS THAN 10 PERCENT OVER A SCHOOL WEEK

**MINIMUM NUTRIENT LEVEL REQUIREMENTS FOR SCHOOL BREAKFASTS
TRADITIONAL FOOD-BASED MENU PLANNING ALTERNATIVE
(SCHOOL WEEK AVERAGES)**

| NUTRIENTS AND ENERGY ALLOWANCES | PRESCHOOL | GRADES K-12 |
|---|--------------|--------------|
| Energy allowances (calories) | 388 | 554 |
| Total fat (as a percentage of actual total food energy) | ¹ | ¹ |
| Total saturated fat (as a percentage of actual total food energy) | ² | ² |
| Protein (g) | 5 | 10 |
| Calcium (mg) | 200 | 257 |
| Iron (mg) | 2.5 | 3.0 |
| Vitamin A (RE) | 113 | 197 |
| Vitamin C (mg) | 11 | 13 |

¹NOT TO EXCEED 30 PERCENT OVER A SCHOOL WEEK

²LESS THAN 10 PERCENT OVER A SCHOOL WEEK